FACING THE CHALLENGE OF CHANGE

THE DYNAMICS OF CHANGE

THE FIVE STAGES OF CHANGE

- 1. Shock/Denial
- 2. A Flood of Emotions (Usually anger)
- 3. Bargaining
- 4. Depression (Grief)
- 5. Acceptance (Intellectual/emotional)

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Presentation Designed and Presented by Dr. Ben Bissell.

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